

### **Physical Education**

**OCR Advanced GCE Unit G454** 

# Log book cover sheet and authentication statement: Cross Country, Dragon Boat Racing, Road Cycling, Baseball, Rounders

Cross Cou	ntry, Dragon F	Boat Racing,	Road Cyclin	ng, Bas	seball, Rounders
	<del> </del>		1		
Centre Number		Centre Name			
Candidate Number		Candidate Name			
Please indicate bel statement relates.	ow to which Perfor	rmance Activity th	ne log book and	authenti	cation
Log book elemen	t required			Р	Present? (please tick)
Competitive progra	mme for three mont	h period prior to as	sessment		
Details of races (w	here relevant)				
Details of results, b	ooth team results and	d personal results (	where relevant)		
Finishing positions	, times etc. (where re	elevant)			
Evaluation of perfo	rmances (where rele	evant)			
Authentication st I can confirm that th health and safety re	is candidate has fully				
Name of instruc	tor/teacher respo	nsible			
		· -			
Signature				Date	



## **Physical Education**

# OCR Advanced Subsidiary GCE Unit G454 Log book cover sheet and authentication statement:

		Outdoor and	a Aaventur	ous Activities	s – Can	oeing	j, Kayaking
Centre Num	nber		Centre Name				
Candidat Number			Candidate Name				
Please indica authentication		ow to which Outdo ement relates.	oor and Adventu	rous Activity the	log book	and	
Log book ele	ement	required			P	resent	? (please tick)
Details of the	BCU 1	forma; competitive s	situation for the a	ssessment			
Details of per	sonal	equipment and the	reasons for takin	g it			
Details of gro	up equ	ipment and the rea	sons for taking it				
Discussion re	elating	to safety principles	applied				
Details of any	/ code	of ethics relevant to	the activity				
Details of nut	ritiona	planning					
Evaluative co	mmen	ts in relation partici	pation and perfor	mance in the activ	ity		
					L		
		d Descriptor whice and comprehensive			formation	ie	
present	tuncu		, log containing c	iii tile presenbed iii	TOTTTIGUOTI	10	
		log containing all th		-			
		log containing most			esent		
		aining some of the p					
Band 5: A 10	g conta	aining little of the pre	escribed informa	tion is present	Mark Av	vordod	
					Wark Av	varueu	
	hat this	atement s candidate has fully uirements, and that					
Name of ins	struct	or/teacher respo	nsible				
	-					1	
Signature					Date		



# Physical Education

OCR Advanced Subsidiary GCE Unit G454

Log book cover sheet and authentication statement:

Candidate Number  Please indicate below to which Outdoor and Adventurous Activithentication statement relates.  Log book element required  Details of the test/course undertaken for the assessment  Details of personal equipment and the reasons for using it  Details of horse's equipment and the reasons for its use  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of course planning together with relevant safety measure  Evaluative comments in relation participation and performance in	Present? (please
Please indicate below to which Outdoor and Adventurous Aduthentication statement relates.  Log book element required  Details of the test/course undertaken for the assessment  Details of personal equipment and the reasons for using it  Details of horse's equipment and the reasons for its use  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of course planning together with relevant safety measure	Present? (please
Log book element required  Details of the test/course undertaken for the assessment  Details of personal equipment and the reasons for using it  Details of horse's equipment and the reasons for its use  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of course planning together with relevant safety measure	Present? (please
Details of the test/course undertaken for the assessment  Details of personal equipment and the reasons for using it  Details of horse's equipment and the reasons for its use  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of course planning together with relevant safety measure	
Details of personal equipment and the reasons for using it  Details of horse's equipment and the reasons for its use  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of course planning together with relevant safety measure	
Details of horse's equipment and the reasons for its use  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of course planning together with relevant safety measure	
Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of course planning together with relevant safety measure	
Details of any code of ethics relevant to the activity  Details of course planning together with relevant safety measure	
Details of course planning together with relevant safety measure	
	-
Evaluative comments in relation participation and performance in	S
' ' '	n the activity
Assessment Band Descriptor which log conforms to Band 1: A detailed and comprehensive log containing all the pre	escribed information is
present  Band 2: A detailed log containing all the prescribed information	is present
Band 3: A detailed log containing most of the prescribed information	•
Band 4: A log containing some of the prescribed information is p	•
Band 5: A log containing little of the prescribed information is pre-	
	Mark Awarded
Authentication statement can confirm that this candidate has fully completed the activity a health and safety requirements, and that the material in this log be	
Name of instructor/teacher responsible	



### Physical Education

OCR Advanced Subsidiary GCE Unit G454 Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Mountain Biking

Centre Number	Centre Name	
Candidate	Candidate	
Number	Name	
Log book element req	uired	Present? (please tick)
Details of the course/ex	nent	

Log book element required	Present? (please tick)
Details of the course/expedition undertaken for the assessment	
Details of personal equipment and the reasons for taking it	
Details of group equipment and the reasons for taking it	
Discussion relating to safety principles applied	
Details of any code of ethics relevant to the activity	
Details of route planning together with relevant safety measures	
Route card	
Details of nutritional planning	
Evaluative comments in relation participation and performance in the activity	

**Assessment Band Descriptor which log conforms to** 

Mark Awarded	1
Band 5: A log containing little of the prescribed information is present	<u> </u>
Band 4: A log containing some of the prescribed information is present	<u> </u>
Band 3: A detailed log containing most of the prescribed information is present	<u> </u>
Band 2: A detailed log containing all the prescribed information is present	
present	<u> </u>
Band 1: A detailed and comprehensive log containing all the prescribed information is	

#### **Authentication statement**

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

Name of instructor/teach	er responsible		
Signature		Date	



### **Physical Education**

**OCR Advanced Subsidiary GCE Unit G454** 

#### Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Mountain Walking

Centre Number	Centre Na	ama		
Candidate Number	Candida Name	ate		
,				
Log book element require	d		F	Present? (please tick)
Route planning				
Menu planning				
Camp craft				
Navigation using maps and	compasses			
Use of pre-planned route ca	ırd			
Understanding of the need f	or emergency procedur	es		
Application of First Aid				
Knowledge access arranger	ments, land ownership,	etc.		
Application of the Countrysic	de code and assoc. con	ventions		
Evaluative comments in rela	ation participation and pe	erformance in the acti	vity	
Assessment Band Descr				
<b>Band 1:</b> A detailed and compresent	prehensive log containi	ng all the prescribed i	nformation	ıis
Band 2: A detailed log conta	aining all the prescribed	information is presen	t	
Band 3: A detailed log conta	aining most of the preso	ribed information is pr	esent	
Band 4: A log containing so	me of the prescribed in	formation is present		
Band 5: A log containing litt	le of the prescribed info	rmation is present		
			Mark Av	warded
Authentication statemen I can confirm that this candida health and safety requiremen	ate has fully completed			
Name of instructor/teac	her responsible			
Signature			Date	
				1



## Physical Education

OCR Advanced Subsidiary GCE Unit G454

Log book cover sheet and authentication statement:

Outdoor and Adventurous Activities - Orienteering

	Outdoor a	iiu Auveii	turous Activit	iles – U	rienteerin
Centre Number	Centre	e Name			
Candidate Number		didate ame			
Log book elemen	t required			Present	? (please tick)
Details of personal	equipment and the reasons	for taking it			
Training diary					
Selection of course	e maps/route cards				
Details of nutritiona	al planning				
Identification of nav	vigation techniques				
Competitive progra	imme (three months)				
Race analysis and	evaluation				
			<u> </u>		
	d Descriptor which log c				1
present	and comprehensive log conf	taining all the	prescribed informati	on is	
<u> </u>	log containing all the prescri	bed information	on is present		
	log containing most of the pr				
Band 4: A log cont	aining some of the prescribe	d information	is present		
Band 5: A log cont	aining little of the prescribed	information is	present		
			Mark	Awarded	
	catement is candidate has fully comple quirements, and that the mat				
Name of instruc	tor/teacher responsible				
Signature			Date		



### **Physical Education**

OCR Advanced Subsidiary GCE Unit G454
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Rock Climbing

Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement  I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all		Outdo	or and Adve	nturous Act	ivities	– Koc	K Climbing
Log book element required Details of the course/expedition undertaken for the assessment  Details of personal equipment and the reasons for taking it Details of group equipment and the reasons for taking it Discussion relating to safety principles applied Details of any code of ethics relevant to the activity Details of route planning and use of guide books Details of nutritional planning Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to Band 1: A detailed and comprehensive log containing all the prescribed information is present Band 2: A detailed log containing all the prescribed information is present Band 3: A detailed log containing most of the prescribed information is present Band 4: A log containing some of the prescribed information is present Band 5: A log containing little of the prescribed information is present Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.	Centre Number		Centre Name				
Details of the course/expedition undertaken for the assessment  Details of personal equipment and the reasons for taking it  Details of group equipment and the reasons for taking it  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of route planning and use of guide books  Details of nutritional planning  Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Authentication statement  I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible							
Details of the course/expedition undertaken for the assessment  Details of personal equipment and the reasons for taking it  Details of group equipment and the reasons for taking it  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of route planning and use of guide books  Details of nutritional planning  Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Authentication statement  I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible							
Details of personal equipment and the reasons for taking it  Details of group equipment and the reasons for taking it  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of route planning and use of guide books  Details of nutritional planning  Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Authentication statement  I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Log book element	t required			P	Present	? (please tick)
Details of group equipment and the reasons for taking it  Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of route planning and use of guide books  Details of nutritional planning  Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Authentication statement  I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Details of the cours	se/expedition underta	aken for the asses	sment			
Discussion relating to safety principles applied  Details of any code of ethics relevant to the activity  Details of route planning and use of guide books  Details of nutritional planning  Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Authentication statement  I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Details of personal	equipment and the r	reasons for taking	it			
Details of any code of ethics relevant to the activity  Details of route planning and use of guide books  Details of nutritional planning  Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Authentication statement  I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Details of group eq	uipment and the rea	sons for taking it				
Details of route planning and use of guide books  Details of nutritional planning  Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Discussion relating	to safety principles	applied				
Details of nutritional planning  Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Details of any code	of ethics relevant to	the activity				
Evaluative comments in relation participation and performance in the activity  Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Details of route pla	nning and use of gui	de books				
Assessment Band Descriptor which log conforms to  Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement  I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Details of nutritiona	al planning					
Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Evaluative commer	nts in relation particip	pation and perform	ance in the activi	ity		
Band 1: A detailed and comprehensive log containing all the prescribed information is present  Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible							
Band 2: A detailed log containing all the prescribed information is present  Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible					formation	ie	1
Band 3: A detailed log containing most of the prescribed information is present  Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	present	•		•	ioiiiiatioii		
Band 4: A log containing some of the prescribed information is present  Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible			•				
Band 5: A log containing little of the prescribed information is present  Mark Awarded  Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible					esent		
Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible				•			
Authentication statement I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible	Band 5: A log cont	aining little of the pre	escribed information	n is present			
I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.  Name of instructor/teacher responsible					Mark Av	varded	
	I can confirm that thi	is candidate has fully					
Signature Date	Name of instruc	tor/teacher respo	nsible				
Olg. Id. Co.	Signature				Date		
	Olgilatal 6				Dute		



### **Physical Education**

OCR Advanced Subsidiary GCE Unit G454
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Sailing

		Outdoor and	a Aaventur	ous Ac	tivitie	es – Sailing
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Log book element	required			P	Present?	P (please tick)
Details of the route	expedition undertake	en for the assessm	ent			
Details of personal	equipment and the re	easons for taking it				
Details of boat equi	pment and the reaso	ns for taking it				
Discussion relating	to safety principles a	applied				
Discussion of race	tactics					
Details of any code	of ethics relevant to	the activity				
Details of nutritiona	l planning					
Evaluative commer	nts in relation particip	ation and performa	ince in the activi	ity		
Assessment Band				<b>C</b> +!	•-	<u> </u>
present	and comprehensive	log containing all ti	ne prescribed in	Tormation	IS	
	log containing all the	•	•			
	log containing most			sent		
	aining some of the pr					
Band 5: A log conta	aining little of the pre	scribed informatior	is present			
				Mark Av	varded	
Authentication st. I can confirm that thi health and safety rec	s candidate has fully					
Name of instruct	tor/teacher respor	nsible				
					i	
Signature				Date		



### **Physical Education**

# OCR Advanced Subsidiary GCE Unit G454 Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Skiing, Snowboarding

	Outdoor and A	Adventurous	Activities -	Skiing	g, Sno	wboarding
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Please indicate belauthentication state		or and Adventure	ous Activity the	log book	and	
Log book element	required			P	resent?	(please tick)
Details of the cours	e/slope undertaken	for the assessmer	t			
Details of personal	equipment and the r	easons for taking	it			
Details of group eq	uipment and the rea	sons for taking it				
Discussion relating	to safety principles	applied				
Details of any code	of ethics relevant to	the activity				
Details of nutritiona	l planning					
Evaluative commer	nts in relation particip	pation and perform	ance in the activi	ty		
Assessment Band	d Descriptor whic	h log conforms	to	•		
	and comprehensive			formation	is	
	log containing all the					
	log containing most			sent		
	aining some of the p		•			
Band 5: A log cont	aining little of the pre	escribed information	n is present			
				Mark Av	varded	
Authentication st can confirm that thi nealth and safety red	s candidate has fully					
Name of instruct	tor/teacher respo	nsible				
		· ·			ī	
Signature				Date		



### **Physical Education**

OCR Advanced Subsidiary GCE Unit G454
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Sub Aqua Diving

Centre Number		Centre Name			
Candidate Number		Candidate Name			
Log book element	required			Present?	(please tick)
Date, time, location	of each dive				
Depth, duration, Op	oen Water Instructor	(s)			
Planning, safety me	easures, use of Buhl	lmann Tables			
Weather, water con	nditions				
Details of personal	equipment and the	reasons for taking	it		
Details of group equ	uipment and the rea	sons for taking it			
Discussion relating	to safety principles	applied			
Details of any code	of ethics relevant to	the activity			
Details of nutritiona	l planning				
Evaluative commer	nts in relation partici	oation and perforr	nance in the activity		
Assessment Band	d Doscriptor which	ch log conform	e to		
			the prescribed informat	tion is	
•	log containing all th	e prescribed infor	mation is present		
Band 3: A detailed	log containing most	of the prescribed	information is present		
Band 4: A log conta	aining some of the p	rescribed informa	tion is present		
Band 5: A log conta	aining little of the pre	escribed informati	on is present		
			Mark	Awarded	
	s candidate has fully		ctivity as detailed in this is log book is the candid		
Name of instruct	tor/teacher respo	nsible			

**Signature** 

Date



### **Physical Education**

OCR Advanced Subsidiary GCE Unit G454
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Surfing

Centre Number		Centre Name			
Candidate Number		Candidate Name			
	1				
Log book element	required			Present?	(please tick)
Details and pictures	of personal equipm	ent and the reasor	ns for taking it		
Explanation of quive	er of boards and con	ditions suiting part	icular boards		
Local breaks surfed	l, best times/conditio	ns to surf			
Health and safety p	rinciples				
Details of any code	of ethics relevant to	the activity			
Details of nutritional	l planning				
Details of 30 surfs (	dates, times, condition	ons, tides, selected	d board)		
Evaluative commen	ts in relation to each	of the 30 surfs			
Photos of candidate	surfing				
Record of results in	a minimum of 2 BSA	A competitions			
<b>Assessment Band</b>					
Band 1: A detailed present	and comprehensive	log containing all t	he prescribed information	n is	
	log containing all the	prescribed inform	ation is present		
Band 3: A detailed	log containing most	of the prescribed in	nformation is present		
Band 4: A log conta	aining some of the pr	rescribed informati	on is present		
Band 5: A log conta	aining little of the pre	scribed information	n is present		
			Mark A	warded	
	s candidate has fully		ivity as detailed in this lo log book is the candida		
Name of instruct	or/teacher respo	nsible			
			1	1	
Signature			Date		



### **Physical Education**

#### OCR Advanced Subsidiary GCE Unit G454 Log book cover sheet and authentication statement: Outdoor and Adventurous Activities – Wakeboarding

Centre Number	Centre Name	
Candidate Number	Candidate Name	

Log book element required	Present? (please tick)
Hand signals	
Planning for a single pass, relevant safety measures	
Details of tricks performed	
Details of personal equipment and the reasons for taking it	
Discussion relating to safety principles applied	
Details of any code of ethics relevant to the activity	
Details of nutritional planning	
Evaluative comments in relation participation and performance in a formal competition	

Assessment Band Descriptor which log conforms to

Band 1: A detailed and comprehensive log containing all the

<b>Band 1:</b> A detailed and comprehensive log containing all the prescribed information is	
present	
Band 2: A detailed log containing all the prescribed information is present	
Band 3: A detailed log containing most of the prescribed information is present	
Band 4: A log containing some of the prescribed information is present	
Band 5: A log containing little of the prescribed information is present	
Mark Awarded	

#### **Authentication statement**

I can confirm that this candidate has fully completed the activity as detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.

Name of instructor/teacher responsible		
Signature	Date	



# Physical Education

OCR Advanced Subsidiary GCE Unit G454
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Waterskiing

	Out	door and Adv	enturous A	Ctiviti	es – V	Vaterskiing
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Log book element	required			Р	resent?	? (please tick)
Planning for event,	performance					
Details of event bei	ng performed and as	ssoc. skills, techniq	ues, considerati	ons		
Dates and periods of	of training					
Date(s) of competiti	ion(s)					
	nsiderations – partici		nt			
	to safety principles a					
Evaluative commen competition	its in relation particip	ation and performa	ance in formal			
Detail about warm u	up and tactical prepa	ration				
Assessment Dans	d Dagarintan wakia	h lan aan <b>f</b> amaa	4			
	and comprehensive			formation	is	
present	log containing all the	nrescribed inform	ation is present			
	log containing an tric	•		esent		
	aining some of the pr					
Band 5: A log conta	aining little of the pre	scribed information	n is present			
				Mark Av	varded	
Authentication start can confirm that this health and safety rec	s candidate has fully					
Name of instruct	or/teacher respo	nsible				
Signaturo				Date		
Signature				Date		



# Physical Education

OCR Advanced Subsidiary GCE Unit G454
Log book cover sheet and authentication statement:
Outdoor and Adventurous Activities – Windsurfing

	Oute	door and Ad	enturous <i>F</i>	Activiti	es – I	Vindsurtin
Centre Number		Centre Name				
Candidate Number		Candidate Name				
Log book element	required			P	resent	? (please tick)
Details of the cours	e undertaken for the	assessment				
Details of personal	equipment and the re	easons for taking i	t			
Details of group equ	uipment and the reas	ons for taking it				
Details of safety prid	or to activity					
Discussion relating	to safety principles a	pplied				
Details of any code	of ethics relevant to	the activity				
Details of nutritiona	l planning					
	ts in relation to partic	cipation and perfo	mance in the for	rmal		
competition						
Assessment Band	d Descriptor whic	h log conforms	to			
Band 1: A detailed present	and comprehensive	log containing all	he prescribed in	formation	is	
•	log containing all the	prescribed inform	nation is present			
Band 3: A detailed	log containing most	of the prescribed i	nformation is pre	esent		
Band 4: A log conta	aining some of the pr	escribed informati	on is present			
Band 5: A log conta	aining little of the pre	scribed informatio	n is present			
				Mark Av	varded	
	atement s candidate has fully quirements, and that					
Name of instruct	or/teacher respor	nsible				
T						
Signature				Date		
l l				ı		



### **Physical Education**

**OCR Advanced GCE Unit G454** 

#### Log book cover sheet and authentication statement: Safe and Effective Exercise Activities – Circuit Training

Centre Number		Centre Name						
Candidate Number		Candidate Name						
Please indicate bel	ow to which exerc		e log book and a	authentic	ation st	atement		
relates.						7		
				1				
Log book element	required			P	resent?	(please tick)		
Time scale								
Goals of exercise pro	Goals of exercise programme							
Rationale for the desi								
Identification and deta	ailed description of ea	ch exercise in progra	mme					
Detailed description of	Detailed description of personal warm up and cool down							
Health and safety implications for programme								
Record of implementa	Record of implementation with evaluative comments; detail of progression							
Assessment and eval	Assessment and evaluation of goals							
Authentication statement from a qualified instructor								
	areness, understandir			g in				
	olementation of progra nd, Regression, Tediur		то: Specificity,					
Assessment Band	d Descriptor whi	ch log conforms	to					
Band 1: A comprehe	nsive, detailed log boo	ok which records the	candidate's particip	ation in sa	afe and			
	ivities is in evidence. A e, detailed log book wh			in safe a	nd			
	ivities is in evidence. I			i iii saic a	i i d			
Band 3: A detailed lo	g book which records	the candidate's partic	cipation in safe and					
	n evidence. Most of th	e evidence required i	is present but lacks	the neces	ssary			
	book which records the							
	ce. Some of the evider k records little or no ex							
effective exercise act		nderice of the candid	ate's participation ii	i Sale allo				
				Mark av	varded	Max 40		
Authentication st	atement							
I can confirm that thi		y completed the ac	tivity as detailed i	n this log	book, m	neeting all		
health and safety red	quirements, and tha	t the material in this	s log book is the o	candidate	s own w	ork.		
Name of instruct	tor/teacher respo	onsible						
Signature				Date				



### **Physical Education**

**OCR Advanced GCE Unit G454** 

### Log book contents and authentication statement:

								Coaching
Centre Num	ber		Centre Nar	ne				
Candidate Number	_		Candidate Name	9				
		ow which activity is statement relates.	the focus o	f the	coaching asse	essment to	o which	this log book
Log book ele	ment	required				F	Present	? (please tick)
Record of coa	ching	activities over a twe	lve month pe	riod				
Scheme of wo		h minimum 10 sessio	ons including	evalı	uations and risk			
Accompanyin	g DVE	)/CD-Rom record as	per the criter	ia				
Details of hea	Ith and	d safety issues relev	ant to the act	ivity				
Details of Chil clearance	ld Prot	ection procedures in	operation ar	nd evi	dence of CRB			
Evidence of a	pprop	riate first aid qualifica	ation					
		I Descriptor whice and comprehensive				nformation	is	
		log containing all the	·					
		log containing most				esent		
		nining some of the prening little of the pre			•			
Dana or A log	, 001110	arming made or and pro-		i i di i o i	rio prodont	Mark av	varded	Max 40
	nat this	atement s candidate has fully ents, and that the ma						eeting all health
Name of ins	truct	or/teacher respor	nsible					
Signature						Date	<u> </u>	



### **Physical Education**

**OCR Advanced GCE Unit G454** 

### Log book contents and authentication statement: Officiating

								Officiating
Centre Num	ber		Centre	Name				
Candidat Number			Cand Nai					
Please indicate below which activity is the focus of the officiating assessment to which this log book and authentication statement relates.								
Log book ele	ment	required				F	Present?	(please tick)
Record of offi	ciating	activities over a twel	lve mont	th period				
Record of a m	ninimu	m 10 sessions officia	ted durir	ng the ass	sessment period			
A minimum of	four c	qualified assessor eva	aluations	s of the m	atches officiated			
Evidence of ri	sk ass	sessments undertaker	n					
Accompanyin	g DVD	ا/CD-Rom record as	per the c	criteria				
Details of hea	lth and	d safety issues releva	ant to the	activity				
Details of Chi clearance	ld Prof	tection procedures in	operatio	on and ev	dence of CRB			
Assessment	Band	l Descriptor which	ı log co	onforms	to	1		
		and comprehensive lo				formation	is	
Band 2: A de	tailed	log containing all the	prescrib	ed inform	ation is present			
Band 3: A de	tailed	log containing most o	of the pre	escribed in	nformation is pre	esent		
Band 4: A log	conta	aining some of the pre	escribed	informati	on is present			
Band 5: A log	conta	aining little of the pres	cribed in	nformatio	n is present			
	Mark awarded Max 40							
Authentication statement can confirm that this candidate has fully completed the officiating detailed in this log book, meeting all health and safety requirements, and that the material in this log book is the candidates own work.								
Name of ins	truct	or/teacher respon	sible					
<u> </u>							1	
Signature						Date		